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Sept/Oct. 1982

# PLEASE RETURN The Habit

**SHELVED WITH  
PERIODICALS**

ALCOHOL AND DRUG ABUSE DIVISION  
MONTANA DEPARTMENT OF INSTITUTIONS  
1539 11TH AVENUE, HELENA, MONTANA 59620  
(406) 449-2827

STATE DOCUMENTS COLLECTION

SEPTEMBER/OCTOBER 1982

OCT 19 1982

## END OF AN ERA

MONTANA STATE LIBRARY  
930 E Lyndale Ave.  
Helena, Montana 59601

On October 1, 1982, the state drug clinics in Butte, Anaconda and Helena became components of the existing state-approved alcohol programs in those communities. Contracts were negotiated and signed in September. The contractors for these drug services are Boyd Andrew Service Center in Helena, Butte/Silver Bow County Health Department in Butte and Anaconda/Deer Lodge County in Anaconda. Because most staff will be accepting employment with the contractors, Darryl Bruno of the Alcohol and Drug Abuse Division believes that the transition will be smooth. The Anaconda program will remain at its current location; the clinic in Helena will be located at the Boyd Andrew Service Center and, as yet, no new location has been planned for the Butte program.

All three clinics were started under a NIDA grant to Warm Springs State Hospital in 1972. The original intent of this grant, which started the Montana Drug Program (formerly Southwestern Montana Drug Program) was to end the practice of routinely sending adjudicated drug abusers to WSSH (or jail) and to provide community based outpatient treatment in cooperation with law enforcement.

The original service delivery concept was to create outpatient clinics, develop agreements with local hospitals, mental health centers, and cooperating human service agencies.

Because the grant called for establishing state clinics and because there were no previously existing drug programs in Mental Health Region Four the original target communities were Anaconda, Butte, Bozeman and Helena.

The original goal was to develop a statewide drug abuse rehabilitation system in response to the perceived crisis of the late 1960's and early 1970's. Due to difficulties, the planned expansion of services statewide was delayed until the first four clinics were fully developed and providing quality services. In the spring of 1977 SMDP was given permission by NIDA to expand operations to Missoula, transferring some unused treatment slots from the state clinics to the Missoula area. During that same year, the State awarded Rimrock Foundation in Billings a drug treatment contract through a different funding mechanism (State-wide Service Contract).

The 1979 Legislature mandated that all new drug treatment clinics would be established under the umbrella of existing alcohol programs. Since 1979 drug programs have been developed in Ronan, Kalispell and Great Falls under this structure of contracting with existing alcohol programs.

Past directors of the MDP include Charles Dewitt, Michael Murray, John Thomas, Fred Barta, Darryl Bruno, Dick Rice and Skip Wilcox. Many employees that worked at one time or another for the MDP state clinics are still active in the health care profession or related fields. Former MDP employees still working in Montana include: Ron Gersack, District III; Terry Stanclift, SCMRMHC; Jim Scott, Bill Evans, Mike Stevenson, SWMMHC; Dennis Duncan, Char King, trainers, Big Fork; Bob Butorovich, Sheriff of Silver Bow County; Les Tanberg, EAP Manager, Mountain Bell; John Harris, CEDS trainer, Missoula; Linda Lee Holmes, Public Relations Office, Silver Bow Hospital, Alice Berg, Department of Commerce; and Tom McCarthy, Director of Personnel, Warm Springs.

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## OUTPATIENT DRUG PROGRAM CLIENT CHARACTERISTICS

According to Dick Rice, Director of Treatment, review of ADIS client admission data for the period January 1, 1982, through June 30, 1982, reveals several interesting differences from 1981 data. Two of the major changes are in the areas of primary drugs of abuse and employment status at the time of admission.

At the end of June, 1982, 70 percent of all clients admitted to outpatient drug treatment programs were unemployed. This compares to 64 percent unemployed in 1981. The current difficult economic situation appears to be having an adverse impact upon clients, which likely will influence treatment planning by program counselors and possibly the ability of some programs to collect client fees.

Frequency of clients claiming marijuana as the primary drug of abuse has risen in the first half of 1982 to 30 percent, up from 19 percent for 1981. Each program can best tell what this means in their community, however, this may partially be one result of programs developing and implementing early intervention projects such as Minors in Possession and Student Assistance Programs.

Other relevant comparisons for the first half of 1982, are listed below. Data represents information from all ADIS outpatient drug clinics.

<u>Sex</u>	<u>1982 (6 months)</u>	<u>1981</u>
Male	64%	64%
Female	36%	36%

### Primary Drugs

Opiates	8%	8%
Barbiturates	5%	8%
Amphetamines	23%	28%
Cocaine	9%	7%
Hallucinogens	12%	16%
Inhalants	3%	3%
Tranquilizers	7%	9%
Other	1%	1%

### Race/Ethnicity

White	85%	85%
American Indian	11%	11%
Other	4%	4%

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## TWO PROGRAMS HAVE FULLY CERTIFIED STAFFS

The Flathead Valley Chemical Dependency Services Program and Lighthouse Drug Treatment Center recently became the first two programs in the state to have 100 percent of their staff certified.

We congratulate the program directors, Ken Anderson and John Weida, as well as the individual staff members who were persistent in their certification efforts.

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## AGREEMENTS SIGNED WITH FOUR STATES FOR CERTIFICATION RECIPROCITY

At a recent certification reciprocity meeting in San Diego, in which Montana was represented, 11 western states signed a general agreement indicating their willingness to enter into reciprocal agreements with each other. Four of the 11 signed a specific agreement with Montana to begin immediately to work out the details for reciprocity. These four states are: Wyoming, Utah, California and Arizona.

The remainder of the states represented will sign specific agreements upon receipt of approval from their respective certification boards or authorities. They are: Washington, Alaska, Idaho, Hawaii, Nevada and Oregon.

We believe this is an important step in gaining recognition of our system and should lead to further agreements with close proximity 'eastern' states.

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## ADPA ANNOUNCES CONFERENCES SCHEDULED FOR 1983

Kay Hardin, President of the Alcohol and Drug Problems Association of North America, has announced the general schedule for the association's major conferences in 1983. Included are:

1. A theme conference on alcohol and drug abuse treatment financing issues to be held in Chicago in February.
2. The 1983 Eastern Regional Conference to be held in Hartford, Connecticut, in April.
3. The 34th Annual Meeting to be held in Washington, DC, probably in late August.
4. The 1983 Western Regional Conference to be held in Los Angeles, California, in November.

Specific dates and other details on each of the conferences will be announced as soon as they become available.

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## SEVEN MORE COUNSELORS CERTIFIED

The following people have been added to the list of those fully certified: Ord Clark, Nell Davis, Sally Johnson, Danny Peressini, Michael Ruppert, Henry Slosson and Sandra Wiggins.

We extend our congratulations to these counselors whose persistent efforts gained them this status.

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Non-addictive heroin use is a greatly underpublicized phenomenon in America.

- High on Life/Health  
Communications Inc./1981

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## EDITORIAL

BY MIKE MURRAY

The Montana Advisory Council on Alcohol and Drug Dependency has recommended to Carroll South, and he has agreed, to combine the Alcoholism and Drug Counselor endorsements for certification into a single comprehensive term.

The terms CHEMICAL DEPENDENCY, SUBSTANCE ABUSE, AND ADDICTIVE DISEASES COUNSELOR are the three most widely used terms employed by other states. In our opinion SUBSTANCE ABUSE COUNSELOR is the most comprehensive of the three above mentioned designations since it includes all substances as well as assuming that a dependency exists. It further addresses the fact that all dependency is manifested in abuse. On the other hand all abuse is not dependency and designating our position as CHEMICAL DEPENDENCY COUNSELOR could exclude the non-dependent abuser. The term ADDICTIVE DISEASES COUNSELOR implies addiction and may further restrict the scope of implied services.

Since you, the counselors, will be blessed or saddled with the term, we feel that the selection of a descriptive term rightfully belongs to all of you. Please indicate your choice in a manner that reflects some thought as well as professionalism. Mail your preference and rationale for your choice to me prior to November 1, 1982. The last page provides space for indicating your preference.

The change over to a single counselor designation will necessitate a rather significant alteration of both the written and the oral exams. For the written exam we are considering condensing the test to include 50 questions instead of the present 100, half of which will be alcoholism questions while the other half will be devoted to drugs.

Since previously each separate endorsement accounted for 35-50 points, we may combine the point totals allowing 70-100 points for the single oral test. We anticipate that the oral exam will be expanded to 4 questions, two covering alcoholism situations and two addressing drug counseling.

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## CERTIFICATION QUESTIONNAIRE RESULTS

Sixty people were recently chosen at random to receive a certification evaluation questionnaire. The 42 responses received have now been tabulated and the questionnaire with the responses is available. Since it is too long to reproduce here, we will be glad to send you a copy upon request. We feel that the results are meaningful in that 42 people represent approximately 20 percent of the program personnel across the state. We regret that because of cost and time constraints we were not able to send the questionnaire to all 450 people who have applied for certification. All of which is cause for some speculation. There are approximately 250 people employed in programs and 450 people have applied to become certified. There may soon be a pool of certified non-program people. Don't procrastinate too long. Someone may be looking over your shoulder.

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## FY84 COUNTY PLANS ARE DUE DECEMBER 31

County plan guidelines for FY1984 were mailed to all county commissioners September 2, 1982. Plans must be completed and returned to ADAD no later than 5:00 p.m., December 31, 1982, in order for counties to be eligible for liquor tax monies.

The guidelines have been revised to allow for a minimal update of each county's approved FY83 alcohol and drug plan if there are no major changes.

Copies of the guidelines or questions about preparation and submission of county plans can be obtained from Joan Rutledge, ADAD.

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## MONOGRAPH ON DETOXIFICATION AVAILABLE

A Monograph titled "A Decade of Detox" has been published by the Division of Alcohol and Drug Abuse of the Missouri Department of Mental Health.

The 67-page Monograph on the development of non-hospital approaches to alcohol detoxification is a review of literature on the subject. It is the result of extensive research by Gerrit L. DenHartog, program specialist in the Support Services Section of the Division.

The Monograph covers a wide range of subjects, including the varieties of models of detoxification, the different settings, clinical issues in detoxification, and evaluation methods and criteria.

The Monograph describes the process of research and review of literature relevant to the task of preparing the Monograph, then identifies and describes the various models of detoxification. These include Socio-medical, Semihospital, Medical Non-Hospital and Social Setting Models. Special emphasis is placed on the safety and effectiveness of the Social Setting and Non-Drug approaches.

Settings for detoxification are identified and described. These are Hospital Emergency Rooms, Hospital Detoxification Programs, and Non-Hospital Alternatives that include 1) non-hospital medical detoxification, 2) social setting, and 3) outpatient methods. One section compares medical non-hospital and social setting detoxification programs.

The Monograph includes a bibliography of 70 valuable references on the subject. Single copies of the Monograph are available on request to: R. B. Wilson, Director, Division of Alcohol and Drug Abuse, PO Box 687, Jefferson City, Missouri 65101.

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"Incidence and prevalence data...often find their way, without appropriate explanation of the inherent limitations, into the releases of government agencies, which frequently results in an arousal of public concern over what appears to be scientific evidence of the growth or extent of the drug problem".

- United Nations

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Drug education today is where sex education was fifty years ago.

- Tim Leary

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## VISITS TO AN "EPIDEMIC"

Whether medical students should be required to attend AA meetings is a controversial subject.

In ALCOHOLISM: A PRACTICAL TREATMENT GUIDE, Stanley E. Gitlow, MD, wrote: "It has long been obvious that in the teaching of medicine, no one learned the characteristics of a disease without the opportunity of intimate clinical contact. It is therefore essential that in order to sharpen one's diagnostic skills, as well as to conceptualize a clinical picture of the illness adequate enough to permit the later development of a dialogue with such a patient, young physicians or students must attend at least a dozen open meetings of Alcoholics Anonymous. With but rare exception could they obtain as much clinical material through a visit to some other 'epidemic.'"

First-year medical students at the University of Maryland are required to go to AA meetings and to report on their experiences. Psychiatrist Maxwell Weisman, MD, who is involved in planning the curriculum, [said]: "Our positive experience with freshman medical students who attend AA meetings as part of the curriculum confirms my deep conviction that this introduction to the alcoholism field provides the necessary understanding of the real nature of the disease. Listening to and learning from recovering alcoholics at these meetings inculcates a faith in successful treatment that no other experience in clinical practice, in the emergency room, or anywhere else has succeeded in doing."

- Alcoholism Update  
GRAPEVINE

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## TRAINING QUESTIONNAIRE RESULTS

In August, ADAD's training section sent approximately 140 questionnaires to programs and counselors for the purpose of obtaining information and opinions about training.

Forty-five questionnaires were returned and the following seven subjects were indicated as training priorities:

- Family Counseling
- Issues on Adolescent Treatment
- Advanced Counseling Skills
- Group Counseling
- Basic Chemical Dependency Counseling
- Management and Personnel
- Nutritional Aspects of Recovery

Responses to the questionnaire also identified several agencies and programs with the ability to provide specific training.

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Ross Perot's "Texans Against Drugs" has succeeded in re-writing the states drug laws. Sale of a single joint to a minor can mean life imprisonment, head shops are outlawed and all persons receiving narcotics by prescription must be reported to the police.

- Dallas Times Herald

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## VIDEO TAPE OF DR. STANLEY GITLOW AVAILABLE

A video-tape of the presentation delivered by Dr. Stanley Gitlow in Billings in June, 1982, is available for programs to use in their education efforts. The tape runs about 3½ hours. The Alcohol and Drug Abuse Division Training Section has prepared a handout for use with the video presentation.

To obtain the tape for program use, please send a written request to Kay Flinn, Training Coordinator, specifying the date you wish to use the material. Programs may use the tape in two-week loan periods.

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## MINI-GRANT AWARDS

The following Mini-grants were awarded for drug prevention and early intervention activities in August and September. Funding for these grants were from unexpended funding of June 30, 1982, out of the NIDA Prevention Grant.

1. TRI-COUNTY ALCOHOLISM SERVICES - \$1,190. Conducting Prevention Education workshop in Dillon for developing a diversion prevention program aimed at adolescent chemical abuse.
2. SCHOOL DISTRICT #37, Shepherd, Montana - \$1,600. A series of sessions for the purpose of designing or selecting a long-range chemical abuse prevention program for the Shepherd Community.
3. REGIONAL CHEMICAL DEPENDENCY SERVICES, Missoula - \$2,690. To provide training for service providers in developing a Minors in Possession Program for their communities.
4. GALLATIN COUNCIL ON HEALTH AND DRUGS, Bozeman - \$3,600. Providing scholarships for 12 persons to be trained in the Community Intervention, Inc. approach to chemical abuse intervention. Scholarships were awarded to the chemical dependency counselors in Park, Gallatin, Beaverhead and Madison counties.
5. MISSOULA CITY/COUNTY HEALTH DEPARTMENT - \$2,158. To produce five television and five radio Public Service Announcements on the subject of alcohol/drug abuse, which will be shown in Missoula and made available to chemical dependency programs in the rest of the state.
6. DOROTHY DACAR-SHANNON, Livingston - \$3000. Training six communities on implementing the alcohol TALK Project in local school systems.

With these six awards added to the other 15 mini-grant awards issued from July 1, 1981 to June 30, 1982 brings the total number of funded projects to 21 at a cost of \$77,875.

Including this amount, ADAD has awarded funding of over \$130,000 for 40 different prevention/education and early intervention projects over the last three years.

All funding for these projects has been provided from a three-year NIDA Categorical Prevention Grant that began in 1979. Project coordinators have been C. T. "Chick" Canterbury and Terry Stanclift.

Projects ranged from training on K-12 curriculum to developing early intervention programs. Recipients of the awards include alcohol and drug treatment programs, school districts, civic organizations, judicial districts and the health departments.

According to Darryl Bruno there will be no funds available for mini-grants in the future unless the current funding structure is changed.

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Alcohol & Drug Abuse Division  
QUARTERLY 'CLEARINGHOUSE' CALENDAR  
of  
TRAINING EVENTS

October, 1982

12	<u>ORGANIZING YOURSELF &amp; TIME MANAGEMENT</u> - Contact: Inspiro - 443-4401 Fee: \$40	Helena, MT
13	<u>DETOXIFICATION/WITHDRAWAL: BASIC SKILLS</u> - Hazelden Contact: Mary Harvey 800-328-9000 Fee: \$70	Center City, MN
*13 - 14	<u>TREATING TROUBLED FAMILIES</u> - Dr. Philip Bornstein, University of MT, Dept. of Psychology, Missoula - 243-4623 Fee: \$135 *(Also offered November 3-4 in Missoula)	*Butte, MT
18 - 22	<u>BASIC WORKSHOP ON CHEMICAL DEPENDENCY &amp; THE FAMILY</u> - Johnson Institute, Contact: (612) 544-4165 Fee \$395	Minneapolis, MN
19 - 20	<u>PERSONAL IMAGE &amp; SUCCESS</u> - Metamorphosis, Contact: 549-5242 in Missoula Fee: \$90	Helena, MT
20	<u>JOB SKILLS IDENTIFICATION</u> - Metamorphosis, Contact: 549-5242 in Missoula Fee: \$10	Butte, MT
22	<u>CHEMICAL DEPENDENCY: A HEALTH PROFESSIONAL'S GUIDE</u> - Sponsored by Rimrock Foundation, Contact: District No. 6 Health Care Learning Center - 657-7704	Billings, MT
25 - 26	<u>MT CONFERENCE ON VOLUNTEERS FOR SERVING CHRONICALLY MENTALLY ILL</u> - Contact: Don Moore, 449-3964 Fee: None	Great Falls, MT
*25 - 28	<u>FAMILY PROGRAM FOR PROFESSIONALS</u> - Hazelden, Contact: Mary Harvey - 800-328-9000 Fee: \$400 *(Also offered November 15-18 and December 6-9)	Center City, MN
28	<u>COMMUNICATION, IMAGERY &amp; CHANGE</u> - Trainer: Andy Hudak, Contact: Kay Flinn, 449-2827 Fee: \$15	Helena, MT
28 - 29	<u>PREVENTION STRATEGIES FOR THE CLASSROOM</u> - Hazelden Contact: Mary Harvey, 800-328-9000 Fee: \$140	Center City, MN

November, 1982

1 - 5	<u>ALCOHOL/DRUG COUNSELING SKILLS II</u> - Hazelden, Contact: Mary Harvey, 800-328-9000 Fee: \$300	Center City, MN
1 - 19	<u>TRAINING SCHOOL ON ALCOHOL/DRUG ABUSE</u> - Johnson Institute Contact: (612) 544-4165 Fee: \$750	Minneapolis, MN
3	<u>COMMUNICATION, IMAGERY &amp; CHANGE</u> - Trainer: Andy Hudak Contact: Kay Flinn, 449-2827 Fee: \$15	Billings, MT
7 - 12	<u>CHEMICAL DEPENDENCY &amp; FAMILY RECOVERY WORKSHOP</u> - Johnson Institute Contact: (615) 544-4165 Fee: \$395	Minneapolis, MN
*8 - 9	<u>STRATEGIC SHORT TERM THERAPY</u> - Contact: Don Moore, 449-3964 Fee: None *(Also offered November 11- 12 in Missoula)	*Billings, MT
8 - 9	<u>COMMUNICATIONS SKILLS</u> - Metamorphosis, Contact: 549-5242 in Missoula Fee: \$90	Bozeman, MT
8 - 10	<u>GROUP COUNSELING SKILLS</u> - Hazelden, Contact: Mary Harvey 800-328-9000 Fee: \$210	Center City, MN
8	<u>ASSESSMENT &amp; TREATMENT PLANNING</u> - ADAD, Trainers: Kay Flinn, Robert MacConnel, 449-2827 Fee: None	Miles City, MT
9	<u>COUNSELING FOR PREVENTION OF RELAPSE</u> - ADAD, Trainers: Kay Flinn, Robert MacConnel, 449-2827 Fee: None	Miles City, MT
11 - 12	<u>BASIC DRUG INFORMATION FOR THE ALCOHOL/DRUG COUNSELOR</u> - Hazelden, Contact: Mary Harvey 800-328-9000 Fee: \$140	Center City, MN
*11 - 12	<u>CHILDREN OF CHANGING FAMILIES: A WORKSHOP FOR COUNSELORS AND HELPING PROFESSIONALS</u> - Contact: Don Moore, 449-3964, Fee: None *(Also offered Nov. 15 - 16 in Havre; Nov. 17 - 18 in Kalispell, Dec. 8 - 9 in Billings; Jan. 5 - 6 in Bozeman)	*Glendive, MT
15 - 16	<u>OUTCOME EVALUATION FOR ALCOHOL/DRUG TREATMENT PROGRAMS</u> - Hazelden, Contact: Mary Harvey - 800-328-9000 Fee: \$195	Center City, MN
15 - 16	<u>CONFLICT RESOLUTION</u> - Trainer: Dennis Duncan, Contact: Kay Flinn, 449-2827 Fee: \$30	Helena, MT
21 - 24	<u>NAT'L CONFERENCE ON ALCOHOLISM &amp; THE FAMILY</u> - Sharon Wegscheider, Father Joe Martin, Claudia Black, Mark Schuckit. Contact: Kay Flinn - 449-2827	San Diego, CA
23	<u>EFFECTIVE DELEGATION SKILLS</u> - Metamorphosis, Contact: 549-5242 - Missoula Fee: \$45	Helena, MT
29	<u>ASSESSMENT &amp; DIAGNOSIS OF ALCOHOL/DRUG DEPENDENCY</u> - Hazelden, Contact: Mary Harvey - 800-328-9000 Fee: \$70	Center City, MN
30 - Dec 1	<u>ALCOHOL/DRUG DEPENDENCY &amp; MENTAL ILLNESS</u> - Hazelden, Contact: Mary Harvey - 800-328-9000 Fee: \$195	Center City, MN

December, 1982

1 - 2	<u>STRESS MANAGEMENT</u> - Metamorphosis, 549-5242 Fee: \$90	Butte, MT
2	<u>SHAME AND GUILT</u> - Hazelden 800-328-9000 Fee: \$70	Center City, MN
3	<u>WOMEN IN TREATMENT</u> - Hazelden 800-328-9000 Fee: \$70	Center City, MN
7 - 9	<u>PASTORAL MINISTRY TO ALCOHOLICS AND THEIR FAMILIES</u> Hazelden 800-328-9000 Fee: \$180	Tampa, FL



## NEWSLETTER READER SURVEY

In order for us to continue to send you this newsletter, we must know it has value to you. In order to receive future copies, complete the following questionnaire and return to the Alcohol and Drug Abuse Division no later than December 15, 1982.

1. How do you find the articles?

☐ Too Technical

☐ About Right

☐ Too General

☐ \_\_\_\_\_

2. How many times should the newsletter be published each year?

☐ Monthly

☐ Semi-Annually

☐ Bi-Monthly

☐ \_\_\_\_\_

☐ Quarterly

3. Are there any special subjects you would like to see presented?  
If so, briefly explain below.

4. Do you wish to receive future issues of the newsletter?

☐ Yes

☐ No

5. Do you know someone who would be interested in receiving the newsletter? Please provide that person's name and address below.

\_\_\_\_\_  
\_\_\_\_\_

COMMENTS:

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## SINGLE COUNSELOR DESIGNATION

SUBSTANCE ABUSE COUNSELOR

☐

CHEMICAL DEPENDENCY COUNSELOR

☐

ADDICTIVE DISEASES COUNSELOR

☐

OTHER (Specify)

☐

RATIONALE FOR CHOICE:

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